

The Longings of the Heart

“He has made everything beautiful in its time. He has also set eternity in the human heart.”

— *Ecclesiastes 3:11*

Every one of us knows what it’s like to long for something. For some, it’s the ache to see a loved one again. For others, it’s a longing for healing, for peace, for purpose—or maybe for something we can’t even name. It’s that quiet sense that something is missing.

God placed that longing inside of us. Ecclesiastes 3:11 says that He has set eternity in the human heart. We were created to long—not as a curse, but as a compass pointing us home.

C.S. Lewis said it beautifully: *“If I find in myself desires which nothing in this world can satisfy, the only logical explanation is that I was made for another world.”*

We all chase things we think will satisfy—relationships, accomplishments, control, comfort. But every longing is really an invitation—a whisper from God saying, “Come closer. I’m what your heart is really after.”

In Luke 15: 11-32, Jesus told a story about a son who took his inheritance early, ran away, and spent everything trying to satisfy himself. Eventually, he was so hungry he longed for pig food. But when he finally returned home, his father ran to meet him, wrapped him in love, and restored him completely. If he had settled for pig food, he would have missed the feast—and more importantly, the Father. Just like that son, we often settle for things that numb the ache—more scrolling, more busyness, more control—but they never truly satisfy. Only Jesus can.

We ache for something unshakable—something that lasts. When Jesus died, His disciples felt that ache deeply. Everything stable collapsed. But on the third day, the tomb was empty, and hope came alive again. Jesus said, *“Because I live, you also will live” (John 14:19)*. He promised us a forever home, a love that never ends, a life that death can’t touch.

Elisabeth Elliot once wrote, *“Death is merely the threshold of life. For the Christian, the deepest sorrow stands at the edge of the most glorious joy.”* We can rest knowing that because of Jesus, we are secure in Him—now and forever.

We also crave calm in a world full of chaos. One night, the disciples were caught in a storm while Jesus slept. Terrified, they woke Him—and He simply said, “Peace, be still.” The wind and waves obeyed. Peace isn’t found when the storm ends; it’s found when Jesus is in the boat.

After my dad passed away, I went through nights filled with replaying every detail of his death, caught in waves of anger and regret. The storm was loud—until I whispered His name. And even when nothing changed around me, His peace met me there. *“Never will I leave you; never will I forsake you” (Hebrews 13:5)*. Jesus doesn’t promise a life without storms. He promises His presence in the middle of them.

Every heart asks: Am I valuable? Do I belong? Am I enough? On the night before His death, while His disciples argued about who was greatest, Jesus knelt down and washed their feet. He showed us that greatness in His Kingdom isn't found in status, but in service.

Our value isn't found in what we do, what we have, or what others think—it's found in who we belong to. *"See what great love the Father has lavished on us, that we should be called children of God!"* (1 John 3:1). That longing in you to be seen, loved, and known isn't wrong. It was planted by God to draw you back to Him—the only One who can name you "beloved."

Until Jesus returns and satisfies every ache, we live in the in-between—a place of waiting. So what do we do with our longings in the meantime?

Bring them honestly to God. Don't hide your ache. Pray: *"Lord, this hurts. I don't understand. Help me trust You."* *"My soul finds rest in God alone"* (Psalm 62:1).

Let your longings fuel faithfulness. Let the ache push you closer to Jesus instead of away. Pray when you want to distract yourself. Open Scripture instead of another app.

Turn your longings outward in love. Pain softens us. Let your tenderness move you to care for others who are aching too. *"Let us not grow weary of doing good, for in due season we will reap, if we do not give up"* (Galatians 6:9).

My longing isn't a curse—it's a compass. My soul was made for eternity. Only Jesus can satisfy the deepest desires of my heart. I will bring my longings to Him and rest in His love.

Prayer

Lord, You know the ache in my heart—the desires, the losses, the waiting. Help me see my longings not as burdens, but as invitations to know You more. Meet me with Your peace in the middle of my storm. Remind me that I am loved, known, and secure in You. Satisfy my heart, Jesus, until the day I see You face to face. Amen.

Truth Declarations

My longing isn't a curse — it's a compass.

My soul was made for eternity.

Only Jesus can satisfy the deepest desires of my heart.

I will bring my longings to Him and rest in His love.

For further reading:

Ecclesiastes 3:11 – God has set eternity in the human heart.

Psalms 107:9 – He satisfies the longing soul.

Luke 15:11–32 – The story of the prodigal son.

John 14:1–3, 19 – Jesus promises eternal life and a home with Him.

Hebrews 13:5 – He will never leave or forsake you.

1 John 3:1 – We are called children of God.

Psalms 62:1 – My soul finds rest in God alone.

Galatians 6:9 – Keep doing good, even while you wait.